

# The Complete Detox – Recipes and Meal Ideas

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## BREAKFAST AND SMOOTHIES

Starting your day with a green protein smoothie will get your body primed and fueled, with vitamins, fiber, protein and healthy fats. Use a good blender or a nutribullet to make your smoothie. If desired, you can prepare the ingredients the night before and add the liquid and blend in the morning.

### Basic Green Protein Smoothie

Here is the basic formula. Feel free to mix and match in different ingredients, being sure you are getting your 20 grams of protein, a good serving of healthy fats, and about a cup of fresh greens.

- Start with coconut, almond or another nut milk. Plain water or coconut water is okay, but you won't get as much fat – which satiates you for the rest of the day. You can always add in more fats. Remember - your goal is not to cut calories, it's to choose better ones.
- You can use chocolate, vanilla, or a plain protein powder. I like plain, and vanilla is pretty versatile. But if chocolate is going to make your morning wonderful – go for that. Just be sure it's a clean protein powder.
- Collagen powder is easily available nowadays and is so good for your skin, nails and more. It will boost the protein so you need less protein powder.
- Use about a half cup of frozen berries or other fruit. You can use fresh fruit but then you might want to add in some ice for coldness and texture.
- If you need a little more sweetness in these low-fruit smoothies you can add a few drops of liquid stevia, or even a tiny bit of powdered stevia. You can also add in a chocolate flavor with liquid stevia drops that are flavored. However, since one of the goals is to decrease your desire for sweets it's a good idea to go easy on the stevia. minimize reliance on sweeteners to help decrease your desire for sweets period.
- Add a handful of spinach (or kale, chard or other greens) Rotate the greens to increase nutrients. Don't rely on spinach and chard only as they contain oxalic acid and you don't want to be taking in too much of that.
- Use avocado, almond butter, MCT oil, coconut oil, raw nuts – any combination to include satiating and metabolism-boosting healthy fats.
- Add in or garnish with hemp hearts, ground flax seed, shredded or flaked coconut.

The recipes that follow will give you some good ideas for green smoothies, but change them up as works for you. I personally get really hungry between breakfast and lunch so I like to add in some extra fats. Can't find an ingredient or don't like one? Just leave it out or substitute something else.

### **Sweet Green Shake**

1-2 scoops Vanilla Protein Powder  
1 cup spinach  
½ cup frozen pineapple  
ó green grapes  
¼ avocado  
1 cup almond milk  
Ice cubes (optional)

### **Blueberry Bliss**

1-2 scoops plain or vanilla protein powder  
3 tablespoon Hemp Hearts  
1 tablespoon Chia seeds  
½ to 1 cup Frozen Blueberries  
Unsweetened almond milk  
1-2 cups of spinach or kale

## California Kale

1 scoop Vanilla protein powder  
1 scoop collagen  
½ pear  
¼ to ½ avocado  
½ peeled cucumber  
Juice of ¼ to ½ lemon  
Small handful fresh cilantro  
1 cup kale (doesn't have to be from California! 😊 )  
2 teaspoons chopped fresh ginger  
1 cup coconut milk  
Ice to desired thickness

## Collagen Glow

½ c frozen blueberries  
½ small zucchini, peeled and frozen  
2 scoops collagen powder  
½ cup almond milk  
½ cup coconut water  
1 tablespoon almond butter  
1 teaspoon chia seeds  
1 teaspoon hemp seeds  
1 teaspoon MCT oil or coconut oil (softened is best)  
½ teaspoon ground cinnamon  
½ teaspoon ground ginger  
(Inspired by Mark Hyman)

## **I Yam what I Yam**

1-2 scoops Protein Powder – plain or vanilla  
½ cooked yam (sweet potato or winter squash works too)  
½ tsp. nutmeg  
½ tsp. cinnamon  
Pinch of clove  
6 oz. coconut water or mix with half coconut milk  
1 c. spinach or kale  
10-12 pecans, walnuts or almonds

## **Chocolate Cherry Delight**

Chocolate protein powder  
¾ cup frozen cherries (unsweetened)  
¼ avocado  
1 tablespoon cacao powder  
Almond milk  
1 T flax seed  
Chocolate stevia to taste  
Ice cubes

## Green Chia Pudding

Try this pudding breakfast if you're wanting a break from smoothies. It's also nice for those super busy mornings because you can make it the night before and then just grab and go. If you are going for optimum weight loss skip the toppings until you're finished with the detox program, instead just blend them in.

1 scoop plain or vanilla protein powder  
1 scoop collagen  
1 cup spinach or other greens  
1 cup coconut milk  
½ small avocado OR 1 tablespoon almond butter  
1 tablespoon MCT oil (optional)  
¼ cup chia seeds

Add everything but the chia seeds to blender or nutribullet and blend. If very thick add a little more coconut milk or some water. Pour into a glass container and gently stir in the chia seeds. Cover and refrigerate overnight or at least 4 hours. Helpful but not necessary to stir again after about an hour.

Optional: Top with berries, chopped bananas, chopped nuts, hemp hearts, coconut, etc. Sprinkle with cinnamon

## Quinoa Breakfast Bowl

*This is a nice breakfast if you are not going for the one liquid meal or if you decide to have your smoothie for dinner or lunch instead. This recipe will make two servings*

1 cup quinoa  
2 cups almond milk  
¼ teaspoon sea salt  
1 teaspoon cinnamon  
1 teaspoon vanilla extract  
1-4 drops liquid stevia (to taste)  
2 scoops vanilla protein powder  
2 scoops collagen powder

- Combine quinoa and milk, heat to close to boiling, reduce to simmer and cook till liquid is absorbed
- Remove from heat.
- Add sea salt and cinnamon. Mix well.
- Add vanilla and stevia. Mix well.
- Add protein powder and collagen. Mix well.
- Serve warm or let cool and refrigerate to reheat later.
- Top with fresh fruit

## SALADS

A good salad with delicious dressing makes a satisfying and very healthy lunch or dinner. Make it up ahead of time, put it in a container and you've got lunch on the go.

You can follow a recipe, or you can mix and match using the basic formula below. Be aware though – if you struggle with stomach pain and other digestive issues you might want to lay off the raw veggies for a while. You can make a 'salad' with cooked and cooled veggies, which is a great lunch to go.

## Basic Salad Formula (mix and match)

*Greens:* Lettuce, mixed greens, spinach, chopped and massaged kale, arugula – or any mix of these

*Veggies:* Unlimited nonstarchy ones like peppers, cucumbers, onions, radishes, etc. Smaller amount of starchier veggies like carrots, beets, sweet potatoes

*Protein:* wild-caught salmon, sardines, cooked pasture-raised chicken or turkey, grass-fed beef.

*Seasonings:* chopped fresh parsley, cilantro, basil or other herbs. Green onion, red onion.

*Fat:* avocado, olive oil, salad dressing

*Acid:* salad dressing, lemon or lime juice, apple cider vinegar, etc.

Toss all ingredients in a large bowl.

## Garbanzo Bean Salad

2 medium cucumbers, peeled and sliced or cubed

2 cups grape or cherry tomatoes, sliced in half

½ red onion, thinly sliced

1 can Garbanzo beans, rinsed, drained, or 2 cups cooked garbanzo beans

¼ tsp pepper

sea salt to taste

2 T fresh Dill (optional)

2 T balsamic vinegar

1 T olive oil

1 tsp Dijon mustard

Combine the cucumber, tomato, onion and beans in a bowl. Whisk together remaining ingredients and pour over cucumber mix to coat. Serve immediately or chilled.

## **Creamy Vegan Caesar Salad**

2 heads romaine lettuce  
Vegan Caesar Dressing  
1 cup raw walnut halves  
3 tablespoons nutritional yeast

Chop two 2 heads romaine lettuce and toss well with Caesar dressing (recipe below) to coat.

Optional: serve with a  
sprinkle of Walnut Parmesan

### **Vegan Caesar Dressing**

$\frac{3}{4}$  cup water  
1 cup raw whole cashews, soaked for two hours and rinsed well  
1 teaspoon Dijon mustard  
5 cloves garlic  
 $\frac{1}{4}$  cup freshly squeezed lemon juice  
1 tsp raw apple cider vinegar  
2 tablespoons olive oil

Combine all ingredients in high speed blender and blend till smooth and creamy. Will keep in refrigerator for up to 3 days.

### **Walnut “Parmesan”**

1 cup raw walnut halves  
3 T nutritional yeast (I like Braggs – great source of B vitamins)  
 $\frac{1}{2}$  tsp sea salt.

Place walnuts, yeast, and salt in a blender or food processor until crumbly and uniform.  
Sprinkle over your salad (or other meals). Can be refrigerated for up to a month.



## Sauerkraut Salad

*Bump up your probiotics and the taste of sauerkraut by eating it this way. Serve this salad by itself, or over a bowl of grains like rice or quinoa or with a piece of meat. It's also good on a piece of gluten-free bread if that is in your protocol. Be sure that the sauerkraut is either homemade or from the refrigerator of the health store. Avoid sauerkraut that has been pasteurized, contains vinegar and is sold on non-refrigerated sections of a supermarket.*

1 cup sauerkraut  
1 carrot, grated  
1 teaspoon cumin or caraway seeds  
1 tablespoon olive oil

Heat up a skillet and roast the cumin seeds until fragrant. Be careful not to burn them. Place the sauerkraut, carrot, cumin seeds and oil in the serving bowl and toss until well combined. Serve right away.

## HOMEMADE SALAD DRESSINGS

### Basic Vinaigrette

4 tablespoons olive oil  
1 garlic clove minced  
1 tablespoon apple cider vinegar  
1 tablespoon fresh lemon juice  
1 tablespoon chopped fresh parsley  
1 teaspoon dried mustard  
Dash of sea salt and pinch of pepper  
Place all ingredients in a jar and shake vigorously

## Goddess of Greenery

½ cup chopped fresh parsley (flat leaf if possible)  
½ cup chopped fresh cilantro leaves  
½ cup lemon juice  
½ cup extra virgin olive oil  
1 small avocado, pitted, peeled and chopped  
2 tablespoons chopped green onion  
2 teaspoons Dijon mustard  
3 cloves garlic, minced  
¼ teaspoon salt  
Pinch of black pepper

Combine all ingredients in a blender, puree until smooth. Will keep in fridge for at least a week.

## Sesame Dressing

*Delicious on cooked greens and veggies or on your salad*

1 tablespoon fresh ginger, grated  
2 tablespoons toasted sesame oil  
2 tablespoons gluten-free tamari  
1 tablespoon lime juice  
1 tablespoon almond butter  
1 ½ teaspoons minced garlic

Squeeze the grated ginger in your hands to release the juice into a small jar. Discard the pulp. Add the sesame oil, tamari, lime juice, almond butter and garlic to the jar and mix well.

## SOUPS, SNACK AND SPREADS

### **Creamy Broccoli Soup**

1 tablespoon coconut oil  
½ to 1 yellow onion, chopped  
2 carrots, chopped  
2 celery stalks, chopped  
2 cloves garlic, minced  
1 pound broccoli florets  
3 ½ cups water  
¼ cup soft goat cheese  
Sea salt and black pepper

- Melt coconut oil in a large pot over medium heat. Saute the onion, carrots, and celery about 8 minutes. Add the garlic and sauté for another minute.
- Add the broccoli and water and bring the soup to a boil. Cover, reduce heat and simmer for 30 minutes. Stir in the goat cheese and 1 tsp sea salt. Remove from heat.
- Use an immersion blender to blend soup in the pot or transfer in batches to a large blender. Season with sea salt and pepper.

### **Cold Avocado-Spinach Soup**

4 cups spinach  
1 cup water  
2-3 cloves garlic  
1-2 tsp lemon juice  
Sea salt  
Ripe avocado, cut and pitted

Place all but the avocado in a blender. Blend until smooth. Spoon avocado out of its skin and into blender. Process till smooth. Add additional seasonings as necessary. Optionally, top with pine nuts. Serve at room temp or chilled.

### **High Protein Hemp Hummus**

1/2 cup hemp hearts  
½ teaspoon sea salt  
1 ½ cups cooked chickpeas, or 1 can chickpeas, rinsed and drained  
2 tablespoons freshly squeezed lemon juice  
1 small clove garlic, crushed  
1 tablespoon tahini  
1 tablespoon olive oil  
½ teaspoon ground cumin  
¼ cup water  
black pepper to taste

Place the hemp seeds and salt in the bowl of a food processor/  
Grind the hemp seeds for about 30 seconds, or until they've formed a fine meal.  
Add the chickpeas, lemon, garlic, tahini, cumin, and water to the food processor.  
Process all ingredients until smooth and creamy (about 1-2 minutes), stopping every now and then to scrape the bowl down. Season to taste with black pepper and serve.  
If this is your main course for lunch you want to enjoy about half the recipe. If you're making this your meal order to get all the protein you'll need it all! Enjoy it with grilled veggies.

## Quick & Easy Black Bean Dip

Option 1: Combine one can organic black beans with 4 oz. diced green chilies and 1 tsp. Mexican seasoning.

Option 2: Combine one can organic black beans with ½ cup fresh salsa and ½ teaspoon salt

Enjoy with fresh carrot sticks, zucchini sticks and or gluten-free crackers or a veggie wrap

## Almond Butter Dip and Sauce

½ cup almond butter

2 teaspoons gluten-free tamari or coconut aminos

2 green onions chopped very finely

¼ - 1 cup water – till desired consistency

Combine first 3 ingredients in a bowl. Add water until it is a dip-like consistency, or make it thinner to use as a sauce. Serve with gluten-free crackers, chopped veggies, or use a sauce for cooked veggies or a 'Bowl' dinner or lunch.

## Smoked Fish Spread

*Serve with crudites such as carrots, celery, red peppers and cucumbers cut into strips, and perhaps a few gluten free crackers. Or, make a delicious lunch by stuffing this into a half of a bell pepper or avocado*

- 1 (4.4 oz) can lightly smoked wild-caught sardines in olive oil, drained
- ½ small to medium onion, diced finely
- ½ small carrot, diced finely
- 2 celery stalks, diced finely
- ¼ cup fresh parsley leaves, chopped
- 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ cup 'clean' vegan mayonnaise (made with avocado or olive oil)
- 1 tablespoon apple cider vinegar

Add sardines to a bowl and break into smaller pieces with a fork. Add onion through salt and stir to combine. Carefully stir in the mayo and vinegar and mix well. Will keep in a glass container in fridge for up to 3 days.

# ENTREES

*Check out the recipes below for some great ideas to get you started. And you can create your own using some more mix and match formulas*

## Basic 'Bowl' Formula

1. Choose a foundation: brown rice, wild rice, quinoa, chopped cooked greens, sweet potato, salad greens
2. Add some vegetables: broccoli, green beans, bok choy, cabbage cauliflower, zucchini, to name a few. Go ahead and use more than one.
3. Add some protein: organic chicken or turkey, grass-fed beef, wild-caught fish, beans
4. Choose a condiment: toasted pumpkin seeds, pine nuts, olives, sauerkraut
5. Add a sauce: Vegan Caesar dressing, olive oil, tahini, almond butter sauce, etc

Stir all together and enjoy!

## Your Basic "Roasted Dinner" Formula

1. Choose a root vegetable like carrots, sweet potatoes, beets or rutabaga
2. Choose one or more above-ground veggies like green beans, bell peppers, broccoli, cauliflower
3. Choose a protein, like firm white fish, marinated chicken thighs, cooked garbanzo beans, or additive-free sausage
4. (Optional) Choose a sauce: almond butter, tahini, lemon juice, etc. Be sure all sauce ingredients are on plan.

Preheat oven to 425 F. Add 2 tablespoons of coconut oil to pan and warm in oven till melted. OR toss veggie and protein ingredients in olive oil, salt and pepper. Start with root vegetables and chicken thighs if using. Arrange on pan and add garlic and any desired seasonings. Cook for about 10 minutes. Add the rest of the veggies and cook until lightly browned and fork tender.

Serve with rice or quinoa.

## Basic Stir Fry Formula

1. Start with 2 tablespoons of coconut or avocado oil
2. Add pungency: choose between 1 yellow onion, 4 cloves garlic, 1 tablespoon grated ginger
3. Choose a protein: 1 pound grass-fed ground beef, 1 pound pasture-raised chicken or turkey cut into cubes, 1 pound shelled shrimp
4. Choose an assortment of colorful veggies, broccoli, peppers, mushrooms, carrots, cabbage, zucchini, etc.
5. Choose one or more garnish: ¼ cup fresh lime juice, ¼ cup rice wine vinegar, 2 tablespoons coconut aminos or gluten-free tamari, ½ cup raw chopped nuts, fresh cilantro, a sprinkle of nutritional yeast.

Heat oil in large skillet or wok over medium heat. Add onions and sautee 2-3 minutes, add garlic and ginger and saute another 2 minutes. Turn heat up to medium-high. Add your protein and combine well. Cook 3-10 minutes until nearly done (depends on what you are using). Add vegetables and continue stirring and cooking for 5 minutes until heated through but still a little crunchy.

Top with desired garnishes, this will give you 4 servings and makes great leftovers.



## Quick & Easy Chicken Dinner

Boneless chicken breast

Any assortment of firm veggies such as cauliflower, broccoli, bell pepper, carrots, beets, even summer squash.

½ cup jasmine rice

½ cup tricolor quinoa

1 cup water or chicken broth or a mixture of the two

*This healthy meal will take very little prep time and will please detoxers and non detoxers alike. Change up ingredients to your own taste, and adjust amounts depending on how many people you are feeding or how much you want for leftovers. These steps are not in order, but it gives you the full meal.*

Take a boneless organic chicken breast and slice in half length-wise. Heat a tablespoon of coconut oil in a frying pan. Season the chicken breast with your favorite spices, or simply salt, pepper, garlic powder and paprika. Fresh minced garlic is nice. Brown chicken on each side until thoroughly cooked (about 5 minutes per side depending on thickness of the chicken).

Melt about a tablespoon of coconut oil on a cookie sheet or baking pan. Take it out and add the veggies. Season them with garlic powder, some salt, and maybe some salt-free seasoning blend or your favorite seasonings. Toss around and then bake at 375 until the texture is soft and to your liking. (Note: you might have to put hard veggies like carrots and beets in first, then add others later, soft veggies like zucchini only take about 10-15 minutes whereas beets can take about an hour.

Add rice and quinoa to the liquid in a small pot with tight fitting lid. If using only water add about ½ teaspoon of salt. Bring to a boil and then turn down to a simmer with lid on tight. Simmer for about 20 minutes until done. Toss with a fork before serving. Add a little bit of coconut aminos, olive oil, ghee or other seasoning when serving if desired.

## Coriander Salmon with Coconut-Tomato Salsa

*This is another recipe inspired by Mark Hyman, and it's one that will take a little more time so it's good for those of you who enjoy cooking or if you want something elegant to serve company that you can still eat and everyone will enjoy.*

### *Salsa*

1 large tomato, chopped in big pieces  
¼ cup diced red onion  
¼ cup loosely packed fresh basil leaves, sliced thin  
2 tablespoons toasted unsweetened shredded coconut  
2 tablespoons extra virgin olive oil  
Juice of 1 lime  
¼ teaspoon cayenne pepper

### *Salmon and veggies*

1 pound wild caught salmon cut into four 4-oz filets  
3 tablespoons ghee or avocado oil  
2 tablespoons ground coriander  
2 teaspoons sea salt  
1 small head cauliflower leaves trimmed  
1 red or orange bell pepper, sliced  
10 asparagus spears, woody ends removed, cut into thirds

-Preheat oven to 350 F

-Combine all salsa ingredients in a medium bowl and stir well, set aside.

-Place salmon fillets in a baking dish, skin side down, and coat with 2 teaspoons of the ghee, the coriander, and 1 teaspoon of the salt. Bake for 10-12 minutes until flaky and opaque

-Cut the cauliflower into small pieces, discarding the core. Pulse the cauliflower pieces in a food processor in 3-second increments until they are about  $\frac{1}{4}$  -  $\frac{1}{2}$  inch pieces

-In a large skillet over medium heat, warm the remaining ghee until melted and shimmering. Add the cauliflower, bell pepper and asparagus, stirring well to combine. Continue cooking, stirring occasionally, for 5-6 minutes until asparagus is just fork tender. Season with remaining salt.

-Divide the cauliflower mixture onto four plates and top with salmon fillets. Scoop some of the salsa over each piece of fish and serve.

Can be served with some brown rice to get your dinner time carb servings.

## Thai Coconut Seafood Chowder

This gives you so much rich tasting goodness without the dairy or soy. Fresh grated ginger and cilantro make a difference! If you need to, go ahead and use dried but it's worth the effort to find the and prepare the fresh stuff!

1-2 Tbsp coconut oil  
½-1 cup chopped celery  
1 cup chopped onions  
2 cloves minced garlic  
2 small sweet potatoes, peeled, diced and roasted  
1/r cup chopped fresh cilantro  
2 tablespoons grated ginger  
2 tablespoons lemongrass, peeled and minced (optional)  
1 quart chicken or veggie stock  
1 pound cod fillet, baked  
1 14 oz. can coconut milk  
Juice of 1 lime  
Red pepper flakes to taste

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Bake the cod at 400 degrees for 20 minutes and roast the sweet potato ahead of time.

In a large stockpot heat the coconut oil and add the celery, garlic and onions. Cook for about 10 minutes until soft and add the cooked potatoes at the end. Add cilantro, ginger, and lemongrass if using and cook for a minute while stirring.

Pour in the chicken stock and increase heat to boil. Reduce to a simmer, cover and cook 10 minutes. Add the fish, coconut milk, lime juice and red pepper flakes along with sea salt and pepper to taste.

Simmer 5 more minutes. Serves 4-6 and makes a great leftover lunch.

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## Eggplant Delight

2 – 4 tablespoons bone broth or beef broth

1-2 tablespoons avocado oil

½ cup diced onion

1 garlic clove, minced

1 pound ground lamb or grass-fed beef

1 teaspoon cumin

1 teaspoon cinnamon

1 (14.5 oz) can diced tomatoes

1 medium eggplant

½ lemon

- Preheat oven to 425. Put bone broth on a cookie sheet and spread to cover. Slice eggplant into rounds and place on cookie sheet. Coat one side with broth and then flip over so both sides are coated. Cook for 10 minutes in oven, then turn over and cook about 20 more minutes. Remove from oven and turn down to 375. Squeeze lemon juice over the eggplant. Cool.
- Meanwhile, heat oil in large skillet. Add onion and garlic and saute until soft.
- Remove mixture and place in bowl or a plate and return pan to the heat.
- Place the ground meat in the pan and cook until it just begins to brown.
- Add the cumin and cinnamon, stir well, and saute until it is browned
- Add onion-garlic mixture back in and pour in the tomatoes
- Simmer until juices evaporate
- In a glass baking dish arrange alternating layers of eggplant slices and meat
- Bake at 375 F for 10-20 minutes until heated through.

